



Mental Health Support Team  
ELCAS | East Lancashire Child and Adolescent Services



East Lancashire Hospitals  
NHS Trust  
A University Teaching Trust

# Signposting

Double Click on any of the images with arrows to go straight to that organisations website

## Parent Support Group – Blackburn with Darwen

The Parent Support Group is an online group which is currently topic based. It is a space where information is shared with discussion between parents. Last group's topic was Obsessive Compulsive Disorder, where we explored what OCD is and how to support your child.

Please come along if you feel it will be helpful. There is no pressure to contribute or have your camera or microphone on, there is a chat function to contribute to the session.

### PARENT SUPPORT GROUP



TOPIC - SOCIAL ANXIETY

WEDNESDAY 23RD NOVEMBER 2022 @ 6-7PM

ONLINE VIA MICROSOFT TEAMS



Please email [emma.jackson@elht.nhs.uk](mailto:emma.jackson@elht.nhs.uk) for a link to the meeting



A guide for Young People – Bullying



ANTI-BULLYING  
ALLIANCE



The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying



SCAN ME



Open the Camera app on your phone  
Select the rear-facing camera.  
Hold your device so that the QR code appears in the viewfinder in the Camera app.  
Tap the notification to open the link associated with the QR code

FOLLOW US



elht\_elcas



@elht\_ELCAS

Scan here for direct access to the  
MHST website